

# Reimbursable Meal Requirements

## Follow Meal Patterns

Reimbursable meals for the Child and Adult Care Food Program have specific requirements based on the meal patterns used. The meal pattern depends on the type of meal being served (breakfast, lunch, snack, or supper). A reimbursable meal must contain a specified quantity by age for each of the food components:

- Meat or meat alternate
- Vegetable or fruit
- Grains/breads
- Milk

The portion size and crediting contribution toward the food components are given in each recipe.

## Menu Planning and Meal Pattern Resources

The nutrient values per serving are given for each recipe. For more information on menu planning see *Building Blocks for Fun and Healthy Meals* at [teamnutrition.usda.gov/Resources/buildingblocks.html](http://teamnutrition.usda.gov/Resources/buildingblocks.html) or for meal pattern requirements see Book 7 of the Code of Federal Regulations, part 226. These regulations may be viewed online at [www.fns.usda.gov/fns/regulations.htm](http://www.fns.usda.gov/fns/regulations.htm).

